

Anniversaries

Congratulations to the following employees who celebrated 5 & 10 Year Milestone Anniversaries between January 01, 2015 and July 31, 2015 with ProVita:

10 Years

Salvador, Alfredo M; Yumul, Remedios V; Labrador, Angelita O; Sherer, Vanessa G; Hajirakar, Neena; Stehr, Selina; Serrano, Helen; Ahluwalia, Narinder and Fusaji, Sebreena

5 Years

Respicio, Jesusana M; Bhinder, Manpreet; Dhaliwal, Rupinderjeet K; Padolina, Silvina; Sones, Sabrina E; Zhang, Li Hua; Reciproco, Ruel L; Kim, Jin Young; Kaur, Satinder; Napiere, Sarah E; Paul, Laisamma; Orenza, Charlotte N; Garcha, Jaspreet K; Ali, Fazilat F; Sehra, Navdip K; Kondewa, Rachel; Prasad, Rangina A; Sidhu, Jaspreet K; Caindec, Karlo T; Randhawa, Harpreet K; Del Rosario, Nenotchka; Krasniqi, Valdete; Bernardo, Maricar G; Raja, Sashi K; Athwal, Kuldeep K; Peredo, Jocelyn L; Colin, Tana M; Rejano, Gilbert R; Ghilinta, Catalin F; Alam, Nazmul M; Mabee, Eileen I; Boudreau, Elisa M; Mak, Winnie M; Talip, Nila and Giorgio, Nicole

One of our sites celebrated their 40 year Anniversary this month! Happy Anniversary!

Occupational Health & Safety First Aid Level 1 Training

In our partnership with Stenberg College, we have arranged for the Occupational Health & Safety First Aide Level 1 training to be provided to our staff at a reduced cost. This training is available to the all employees of ProVita, WestCana and Care At Home and will be conducted in group sessions.

Remember, you need not be the First Aide attendant to take this.

Please note employees must pay the cost to take this course.



A Little Humor

#1: My memory is gone Mildred, so I changed my password to ***"Incorrect."*** That way when I log in with the wrong password, the computer will tell me... ***"Your password is incorrect."***



#2: An old man lived alone in Tasmania. He wanted to dig his potato garden, but it was very hard work. His only son, Jase, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament.

Dear Jase, I am feeling pretty bad because it looks like I won't be able to plant my potato garden this year; I'm just getting to old to be digging up a garden plot. If you were here, all my troubles would be over. I know you would dig the plot for me. Love Dad.

A few days later he received a letter from his son.

Dear Dad, For heaven's sake, don't dig up that garden, that's where I buried the BODIES. Love Jase.

At 4A.M. the next morning, the Federal Police and local police showed up and dug up the entire area without finding any bodies. They apologized to the old man and left. The same day the old man received another letter from his son.

Dear Dad. Go ahead and plant the potatoes now. It's the best I could do under the circumstances. Love Jase.

Newsletter



Message From Our President

Greetings to all! I hope everyone is having a wonderful summer so far and enjoying the outdoors.

2015 has been an exciting year for ProVita. We welcomed four new facilities into our portfolio this summer. Along with this came the addition of many new staff to our team. This also created an opportunity for some of our current staff to move into new positions or change facilities. I would like to take this opportunity to welcome all of our new employees to the ProVita family, congratulate those who have moved into new positions this year and thank everyone for your hard work and dedication.

Enjoy the rest of your summer!

Art Forster
President and CEO

Message From Our Executive Vice President

I hope you are all enjoying the beautiful British Columbia summer we have experienced so far this year.

Summer is an exciting time for our staff, as many take family vacations, travel to various destinations and spend more time outdoors. We wish you all the best and would like to remind you to stay safe.

Please remember that our overall organization goal is delivering service excellence. You are our front line employees and the face of our company, thank you for making our goal a reality.

Enjoy your summer,

Yasser Barsoum
Executive Vice President

Canada Day Celebrations

Care At Home Services sponsored the 'Seniors Tea' at the Surrey Canada Day Festival.

Below is an image of the companies management team greeting all who attended. The event included great food, amusement rides for the whole family, entertainment including a performance by the legendary 'Blue Rodeo' and a fireworks show.



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In Loving Memory

Chandra Murti

Chandra passed away in 2015 after a brief illness. Chandra worked for WestCana for over 10 years and was known by her colleagues for her wonderful smile and infectious laugh. She will never know how many lives she touched with her kind words and lovely smile. She will be forever missed.



Farewell and Best Wishes, Linda Nicolas



In January, we bid farewell to Linda Nicolas, a founding member of our company.

Linda Nicolas and Art Forster established WestCana Services in 1995 and over the years, contributed to the growth and success of the company, the staff and our partners. Linda's compassion, guidance and leadership will be forever missed!



Bullying Prevention Training

The month of February was national anti-bullying month. Many of our facilities joined SafeCare BC and hundreds of continuing care staff across the province to support this cause by wearing pink. We also conducted Anti Bullying Training and staff received a Certificate of Completion. Together we stand united to #EndBullying!!



“Coming together is a beginning.
Keeping together is progress.
Working together is success.”
Henry Ford



Summer treats with less than 100 calories

Watermelon-Feta Skewers
46 calories

Ingredients:
5 watermelon balls,
5 (one-half inch) feta cheese cubes,
and 5 mint leaves on 5 skewers

Frozen Chocolate Covered
Bananas : 100 calories

Ingredients:
1 banana,
milk chocolate,
coconut



Look at this unique fruit tray created by one of our WestCana sites! Who says healthy eating can't be fun.



More pictures of the company luncheon



HR Questions and Answers

Are we covered for benefits when we travel?
You are covered for travel insurance and assistance when you are on vacation. You do need to be aware though that you are not covered for all of the same coverage that you are in Canada. If you would like more information about travel insurance and assistance please call 1-866-438-5498 (Canada or the US).

What If I Have Problems Using My Prescription Drug Card? Drug claims can be declined at the pharmacy due to a number of reasons. Most can be solved by asking the pharmacist to call Claimsecure at 1-888-513-4464 for further information. If problems persist, please contact David MacNeil at david@macneilbenefits.com

What is our benefits policy number?
Our Policy Number is 51931

Corporate Occupational Health & Safety Policy
There have been a number of changes to our companies Corporate Occupational Health & Safety Program and WorkSafe BC Procedures. All site managers and administrative staff will be trained on these policy changes, and an updated First Aid binder has been created for each site. Please remember, that it is the employee's responsibility to engage in safe work practices and report all injuries that happen while at work to your manager or supervisor. Stay safe!

Internal Transfer Forms
With the addition of new facilities this year, comes the opportunity for staff to request a transfer. If you would like to enquire about an internal transfer please contact your manager.